

# SENIOR HAPPY'NINGS

**JANUARY/FEBRUARY 2020**  
 27 BROOK STREET  
 SCITUATE, MA 02066  
 781-545-8722

## HOURS OF OPERATION:

Monday-Thursday  
 8:30 AM-4:30 PM  
 Friday  
 8:30 AM—3:00 PM

## COA STAFF

**Director** -Linda Hayes  
 lhayes@scituatema.gov

**Administrative Assistant**  
 Jill Johnston  
 jjohnston@scituatema.gov

**Transportation Coordinator**  
 Kathy Clarkeson  
 kclarkeson@scituatema.gov

**Outreach Coordinator**  
 Jenny Gerbis  
 jgerbis@scituatema.gov

**Activities & Volunteer Coordinator**  
 Lisa Thornton  
 lthornton@scituatema.gov

**Van Drivers:**  
 Mary Brown,  
 Jim Keeley, Joe Swindler

## COA BOARD

John D. Miller, Chair  
 Janice Desmond, Vice Chair  
 Leslie James, Co-Secretary  
 Caitlyn Coyle, Janice Lindblom,  
 Lucille Sorrentino, Henry Yeh,  
 Susan Kelly, Maud Meulstee

**Selectman Liaison**  
 Karen Canfield



## MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior adults and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

*The best preparation for good work tomorrow is to do good work today. –*

Elbert Hubbard, American Writer

As this year ends, I hope you have been one of the 1,250 participants, clients or recipients of our exercise classes, educational programs, transportation services, Outreach clients, or well-organized trips. Whether you are lifelong learners, writers, walkers, exercisers or come to socialize through our many regular activities, we hope that you have found that we are providing services and programs of value to you.

We look forward to 2020 as we continue our “good work” to offer as many programs and activities as possible. We will keep you up-to-date on the progress of construction for the new Senior Center facility, with the beginning of the project planned for immediately after the first of the year. We have started to use Constant Contact to provide you with regular e-mail updates and information, so we would love your e-mail address if you think we do not have it.

The Council on Aging Board members and Age-Friendly Steering Committee plan to work with our older people and within the community to garner input for developing a Live Well Scituate - Age-Friendly Action Plan. We will be submitting the finished product to AARP as a blueprint for pursuing improvements and assessing what makes Scituate a great town for all ages. We will also be planning for the opening of the Senior Center in a year's time and with all of the new opportunities that will provide!

During 2019:

- \* 91 volunteers donated over 2,500 hours of service to the Town of Scituate at a value of \$60,000 (equivalent to two full time staff positions!);
- \* We provided 82 different programs and regular activities;
- \* We offered 20 out of town cultural field trips;
- \* We gave over 8,000 rides for out-of-town medical and local appointments;
- \* We presented 15 Café talks on various topics of interest or importance;
- \* We assisted 350 clients through our SHINE and Outreach meetings;
- \* We organized 8 community or intergenerational events, including bringing the Red Sox World Series trophy and the Navy band Northeast to Scituate;
- \* We coordinated support groups, health check-ups and vaccinations;
- \* We helped 320 clients exercise, and another 95 pursue wellness education;
- \* AND, we had 215 participants enjoy a variety of community education offerings.

We look forward to this continuing and hope that this winter is kind to us! ♥ **Linda**

## Veterans Advisory Council Breakfast

The new Veterans Advisory Council (VAC) is planning a “meet and greet” informational breakfast for veterans to attend free of charge at the Scituate Senior Center. **See Page 9**

**“That’s Amore” — Valentine’s Party** on Friday, FEBRUARY 14 @ Noon at the Senior Center. \$7

**Rides to the polls** on March 3, 2020, 10AM – 12PM. Call Kathy



# 🌀 Programs, Special Events, Speakers 🌀

We request SIGN UPS for ALL EVENTS! please call us at 781-545-8722. Thank you for taking a moment to call. **Talks and Special Events require planning and time offered by expert speakers.** We will cancel for lack of sign-ups, so please call to let us know that you are planning to attend. We also need to set up the room with tables & chairs!

## SCITUATE 50+ JOB SEEKERS NETWORKING GROUP

**10:30am-12:30pm** (Check-in @ 10am, Bring Coffee)

*NETWORKING WORKS! Your AGE really is your EDGE!*

### NEW SESSION BEGINNING

Session 2: Jan 8 & 22, Feb 12 & 26, Mar 3 & 25, Apr 4 & 22

Session 2—Jan 8 -Self Assessment, Jan 22 -Elevator Speech

**Scituate Town Library, Community Room (lower level)**

**Pre-Registration Required @ [www.mcoaonline.com/50plus](http://www.mcoaonline.com/50plus)**

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Matter of Balance...page 5  
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Veterans Advisory Council Breakfast...page 9

Heart Meditation...page 5  
Book Club...page 5  
White Elephant...page 4  
Dine-Out, Lunch...page 4

## UKULELE LESSONS

**FRIDAYS**

**10:30am Beginners, 11:30am - Beyond Beginners**

**1 hr class; \$25 —5 weeks Jan 24—Feb 21**

Harbor Community Building, 44 Jericho Rd

Please call to sign up for the next session! \$25 -\$40

depending on # of students enrolled in the session.

Please call if you are interested in either session. 781-545-8722



## MONTHLY ART APPRECIATION SERIES

**Wednesdays @ 11am Jan 8, Feb 12, March 11**



### "Art for Your Mind" SIGN UP PLEASE

An engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds — artists and non-artists alike.

**Jan 8 Why So Famous?** Offers a look at the work of Da Vinci, Monet, Van Gogh, Picasso, O'Keeffe, Warhol and others. Discover how famous examples of innovation and technique have changed our sense of what art is and can be. Join us for an enjoyable hour of challenging yourself to see in new ways!

**Feb 12 John Singer Sargent – An American Legacy**, offers a look at a selection of paintings spanning Sargent's career, lending insight into his ever-evolving techniques and subjects. From elegant society images to informal watercolors, Sargent's extraordinary proficiency brought him both commercial success and critics' disapproval.

Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

*This program generously sponsored by a grant from Scituate Education Foundation.*

**UKULELE Practice Group—Scituate Strummers gathering on Wednesday's, 4-5pm at senior center. Call if you're coming!**

## PRESENTATION, MOVIE & BREAKFAST Jan 9 & 16

Army 10th Mountain Division, World War II **9—11:15am**

**Andrea Miller, daughter of Ruso Perkins, World War II 10th Mountain soldier**, will give a brief history of the ski troops and their impact on the U.S. ski industry following the war. The movie **"Climb to Glory"** will be shown (46 min).

In 1942 General George C. Marshall formed the Army 10th Mountain Division. Troops were trained at Camp Hale, Colorado in mountaineering, skiing and other survival skills in order to endure extremely adverse outdoor winter conditions in Europe during World War II. By late January of 1945, all 10th Mountain troops were stationed at the foot of the Italian Apennines where German troops were positioned blocking Allied Troops from moving north. SIGN UP @ 545-\*8722

## Men's Breakfast at 9am \$8 off-site, \$5 @ Senior Ctr



No January Breakfast—Instead, sign up for our special morning presentation on January 9th and 16th.

Feb 4—Brad Washburn, Town Planner to discuss master plan and coastal planning updates. **SIGN UP PLEASE !! Location TBA**

## Memory Training — Jan 23, 30, Feb 6, 13



Program runs 9:15AM—11:15AM Please register!

Call 781-545-8722

Memory Training is an innovative, educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. The program is designed to help combat common, age-related memory challenges. The **2-hour** program will meet (coffee at 9:00) for **4 weeks** Participants are encouraged to attend at least three out of the four weeks (or all!) for the program to be most effective.

## Seniors Writing with Seniors January 21, 10am

Please join Scituate High School students as they share their original short stories in a small-group setting on Tuesday, January 21st, 10:00am - 11:30am in the high school library. This was a well-attended event last year, and everyone had a great time. No writing experience needed--all you need to bring is yourself! **RSVP to John Scopelleti [jscopelleti@scit.org](mailto:jscopelleti@scit.org) by January 16th, please.** Questions—call Lisa @ 781-545-8875

## Wool Felting Class

**Thursday, Feb 27  
9:30—11:30AM**

Danute has tremendous experience with Old World Crafts. She will work with you for this 2 hour class. All wool felt materials included. The group will work on a small project for yourself or to give as a gift. Enjoy this opportunity to make something with your own hands and learn a new skill. **Sign-up is required! This call filled up last time!!!** 5-8 people \$20/person, 9+ sign-ups. \$15/person. Held at the senior center.

# 🌿 Age Well—Smile, Laugh & Learn 🌿

**Movie's MOST Fridays! Please check dates.**

## **FRIDAY FLIX**      **NEW START TIME! 12:30pm**

*Surround Sound, English Subtitles, 65" Flat Screen TV*

**Harriett Tubman, PG13**, Drama/Historical      Jan 10

**Judy, PG13**, Drama/Romance      Jan 17

**The Way We Get By**, Documentary      Jan 24

**NO MOVIE THIS WEEK— HOLIDAY PARTY-JOIN US!**      Feb 14

**If Beale Street Could Talk**, R Drama/Crime      Feb 7

**The Boy Who Harnessed The Wind**, Drama      Feb 21

**Jane, PG13**, Documentary      Feb 28

**AWARD WINNING MOVIES!** We want to see you! Get out, meet a friend or make a new friend and enjoy a MOVIE! Stop by to get details on each movie.

## **AGING MASTERY PROGRAM**      **Spring 2020**

**To be offered Thursdays—March 20 - May 22, 2020**

This 10 week morning program is only offered in the Spring! If you have not signed up before, you don't want to miss this opportunity! This will be our fourth year offering this wonderful program, aimed at education and awareness. Join the ranks of other AMP graduates who have gained new tools and understanding on how to live a stronger, healthier, more informed future. **Sign up NOW.** We will contact you in January to confirm your spot in this select program. Space is limited. Course developed by the National COA - topics such as ... Gratitude, Healthy Eating, Healthy Relationships, Sleep, Advanced Planning, Financial Fitness, Community Engagement.

### **PAINTING CLASS**

*@ Senior Center*

**MONDAY 12:30-3:30PM**

**THURSDAY 4:00-7:00PM**

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available.* Call for details @ 545-8722; Monday classes with instruction resume JAN 27, 2020

### **OPEN PAINTING**

*@ Senior Center*

**THURSDAY 4:00-7:00PM**

No meeting on 2nd Thursday of the month. No instruction.

### **EXPRESSIVE WRITING**

**Liz Ennis**

**THURSDAYS @ 11:30 AM**

**Resumes Jan 9th No Fee**

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling and connection in a casual and welcoming space. Great activity for cultivating mindfulness, gratitude and joy!

## **DINE OUT**

**Lunch** *Call for reservation!*

*Van ride \$3.50*

**January 15**

**Mia Regazzi, Marshfield**

**February 19**

**The Bridgeway, Marshfield**

Dine Out Reservation: Call us to be part of the reservation! Dinner Reservation is limited to 12 people.

Van departs Senior Center at approximately 11:30am. Call Kathy if you need a ride from your home!

Call for VAN reservation! Van ride \$3.50 VAN WILL ONLY RUN WITH 6 PEOPLE OR MORE! Invite a friend, so we do not need to cancel the van. Let us do the driving! All reservations should be made with payment for the van. If you are unable to attend, please call to cancel at least 5 days prior to event date.

## **Souper Tuesday** — see dates on **CALENDAR PAGES**

Soup/Sandwich offered at the senior center @ lunch-time.

### **SCITUATE HISTORY**

**WEDNESDAYS, 1-2:30 PM**

**BOB JACKMAN**

**JAN. 22, 29, FEB. 5, 12, 19, 26.**

***The History of Scituate Mills*** will examine the history of mills in Scituate and the role they played as a source of materials, employment, and capital as well as being social hubs. We will identify all known mill sites in Scituate and some in nearby towns that impacted Scituate lives. We will describe the mills, their power source, and output. however we will also probe the larger impact upon their village and town. Tuition \$20.

### **WRITING GROUP**

**Robine Andrau**

**ONGOING**

**Tuesdays @ 1 PM**

***BRING YOUR STORIES TO LIFE*** in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share. Please call to sign up. **Class may be cancelled for inclement weather!** You will be contacted if you are on our sign up list.

### **GARDEN CLUB THERAPY**

**FEB 12, 12:30PM**

**HEARTS AND FLOWERS**

Materials and Demonstration by Scituate Garden Club. SIGN UP— Space is Limited

## **WHITE ELEPHANT SALE TO BE HELD AT THE SENIOR CENTER**

**SALE DAYS: FEB 3— FEB 7**

**DONATION DAYS: JAN 27—31 DURING CENTER HOURS.**

**Bring in items for review.** We have limited space to display and sell items so we can only accept a limited amount. All proceeds go toward programming, to help reduce costs to all seniors participating.

# 🌀 Body & Brain Health 🌀

## Matter of Balance

**March 9 on Mondays @ 10:30am—12:30pm**

8 week session, offered at the Senior Center

Grant Funded | Evidence Based Program presented by  
NVNA Sign up is required. 781-545-8722

## “No RULES” BOOK CLUB Jan 22, Feb 19 10:30-12p

If you are interested, please call the senior center to learn about details. If you don't read the book, don't let that stop you, this is the “No Rules” Book Club and we will have lots to discuss!

Book Title TO BE DECIDED BY GROUP the meeting prior. Please call the center for book club selection and to find out if there is availability to borrow a book from the COA.

### CARDIO COMEDY

**Wed, Jan 29  
10-11am**

It's the new year? Do you need a reason to get excited and have fun exercising? Give “Cardio Comedy” a try with Wayne. He will make you laugh and smile— you will forget this is good for you! After the class will enjoy some fresh fruit and a treat. Please sign up @ 781-545-8722.

Program offered by Allerton House, Hingham

### HEART MEDITATION

**Wed, Feb 5, 10-11am**

**Meditation** helps relieve stress, giving way to inner peace and harmony. You can learn how do this daily meditation habit to nourish your inner self.

Presented by Jane Tenaglia, local pharmacist on the South Shore for over 26 years. She has always had an interest in a holistic approach to health. She is an Ayurvedic practitioner, heart based meditation teacher, and spiritual mentor with training from New World Ayurveda. Certified aromatherapist with training from Institute of Holistic Phytoaromatherapy. SIGN UP 545-8722



Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	9:00 Walking Group <b>Re- turns Spring</b>		9:45 Chair Yoga	HCB			9:45 Chair Yoga	HCB
9:30 Joint Efforts	SC			9:45 Men's Yoga	HCB			9:30 Joint Efforts	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	HCB	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	1:00 Trail Walking Arrive 12:45 to car- pool to walk location <b>Returns Spring</b>	

**HCB** = Harbor Community Building @ 44 Jericho Rd    **SC** = Senior Center    **MC**=Maritime Center    **STM** = St. Mary's Parish Center

**Floor Yoga:** Anne/Elizabeth, \$10    **Chair Yoga** Anne/Elizabeth, \$5    **Men's Yoga:** Anne, \$10    **Joint Efforts:** Michelle/Phyllis, \$3

**Balance for Life:** Kim/Sue \$4    **Cardio:** Chris \$4    **Walking:** Lisa/Dot    **Tai Chi:** Linda \$2

### TAI CHI—ONGOING, \$2 TUESDAYS @ 1:30

#### **Harbor Community Building**

Improve balance and overall health and well-being with this 24-week program. Questions and best date to start call 545-8722. Led by Linda Hayes.

### PICKLEBALL PROGRAM

@ Jenkins School Gym (does not meet during school vacation, holidays and weather related closings)

Mon 4-6PM, Wed 4-6PM

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

*This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.*

### BADMINTON

Wednesdays, 6:00PM

@ Jenkins School .Drop-in! All are welcome!

### TECH TIME

Wed, Jan 8, Feb 12

**@ 3PM**

## BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

**Mah Jong—TUESDAYS @ 10:30-12:30** . This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

**Scrabble—TUESDAYS @ 1:00-2:30PM**



# February 2020

Mon Tue Wed Thu Fri

**WEATHER CANCELLATIONS/CHANGES:** Keep in mind that safety is our biggest concern during the winter months, so if there is a question for us on cancellations we will err on the side of caution. If schools are closed in Scituate, then we do not run our vans for transportation. The Senior Center is only closed if Town Hall is closed. Activities may be cancelled if driving is questionable, for our patrons as well as our speakers and instructors. We will post on Facebook and will send out broadcast calls and e-mail messages to as many contacts as we have available. Otherwise, please call the main number.

3	8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game 4:00 Pickleball	4	9:00 Men's Breakfast 9:00 Cardio 10:00 Food Pantry 10:30 Mah Jong 1:00 Scrabble / Writing Group 1:30 Tai Chi	5	8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:00 Heart Meditation 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton	6	9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	7	8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Beginner Ukulele 11:30 Beyond Beginner Ukulele <b>12:30 Friday Flix</b>
10	8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game	11	9:00 Cardio 10:30 Mah Jong <b>10:30 Mail</b> 12:30 Garden Therapy 1:00 Scrabble / Writing Group 1:30 Tai Chi	12	8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:00 BP 10:30 50+ Job Seekers Network 11:00 Art for Mind 12:30 Bal for Life 1:00 Scit History 3:00 Tech Time	13	9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting	14	8:30 Yoga 9:00 Ask-a-lawyer 9:30 Jt Efforts 9:45 Chair Yoga 10:30 Beginner Ukulele 11:30 Beyond Beginner Ukulele <b>12:00 VALENTINE PARTY</b>
17	Holiday Offices Closed	18	9:00 Cardio 10:00 Food Pantry 10:30 Mah Jong 11:00 Parkinson's Support Group 12:00 Souper Tuesday 1:00 Scrabble / Writing Group	19	8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:00 Dine Out 10:30 Book Club 12:30 Balance for Life 1:00 Scit History 4:00 Pickleball	20	Museum Trip 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	21	8:30 Yoga 9:30 Joint Efforts 9 45 Chair Yoga 10:30 Beginner Ukulele 11:30 Beyond Beginner Ukulele <b>12:30 Friday Flix</b>
24	8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand &Foot Card Game	25	9:00 Cardio 10:30 Mah Jong <b>10:30 Mail</b> 1:00 Scrabble / Writing Group 1:30 Tai Chi	26	8:30 Yoga 9:00 Vet Adv Council– Meet &Greet 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 50+ Job Seekers 12:30 Balance for Life 1:00 Scituate History	27	9:30am Wool Felt Class 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	28	8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Ukulele Class <b>12:30 Friday Flix</b>

# January 2020

Mon	Tue	Wed	Thu	Fri
<b>WHITE ELEPHANT SALE HELD @ THE SENIOR CENTER</b> <b>SALE DAYS: FEB 3 – FEB 7</b> <b>DONATION DAYS: JAN 27 – 31 DURING CENTER HOURS.</b> <b>SEE PAGE 4 FOR MORE DETAILS ON MAKING DONATIONS</b>				
6 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Shop Hop 11:15 Balance for Life 1:00 Hand & Foot Card Game 4:00 Pickleball	7 <b>No Mens Breakfast</b> 9:00 Cardio 10:00 Food Pantry 10:30 Mah Jong 1:00 Scrabble / Writing Group 1:30 Tai Chi	1 Happy New Year Offices Closed	2 9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	3 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
13 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Shop Hop 11:15 Balance for Life 1:00 Hand & Foot Card Game 4:00 Pickleball	14 9:00 Cardio 9:00 Nordic / Walking Group <b>10:30 Mail</b> 10:30 Mah Jong 11:00 Parkinson's Support Group 1:00 Scrabble / Writing Group 1:30 Tai Chi	15 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:00 Dine Out – Mia Regazzi 12:30 Balance for Life 4:00 Pickleball 6:00 Badminton	16 9:00 Special Breakfast 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	17 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga <b>12:30 Friday Flix</b>
20 Holiday Offices Closed	21 9:00 Cardio 10:00 Seniors Writing w/ Seniors 10:00 Food Pantry 10:30 Mah Jong 12:00 Souper Tuesday 1:00 Scrabble / Writing Group 1:30 Tai Chi <b>2:30 Realtor Outreach</b>	22 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 Book Club 10:30 50+ Job Seekers Networking 1:00 Scituate History 12:30 Balance for Life 4:00 Pickleball 6:00 Badminton	23 9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting	24 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Beginner Ukulele 11:30 Beyond Beginner Ukulele <b>12:30 Friday Flix</b>
27 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Shop Hop 11:15 Balance for Life 12:30 Art Class 1:00 Hand & Foot Card Game 4:00 Pickleball	28 9:00 Cardio <b>10:30 Mail</b> 10:30 Mah Jong 1:00 Scrabble / Writing Group 1:30 Tai Chi	29 8:30 Yoga 9:45 Mens Yoga & Chair Yoga 10:00 Cardio Comedy 10:00 Shaws 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton	30 9:00 Memory Training 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	31 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Beginner Ukulele 11:30 Beyond Beginner Ukulele

# ☞ Social Services & Outreach ☞

## MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.



**THURSDAY LUNCH, 12 NOON @** Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

**4th SUNDAY, 5PM @** St. Luke's Episcopal Church, Community dinner for all ages sponsored by various community groups. Donations Accepted.

*Van transportation is available by calling the Senior Center at 781-545-8872 by Thursday.*

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

## THE SCITUATE FOOD PANTRY

**Client Hours:** Tuesday 10am-12:15pm, Thursdays 3:30-5:15pm  
Food donation drop offs: Tuesday 9am-1pm, Thursday 3-6pm.  
The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way. FREE van ride must be made ahead by calling Kathy @ the senior center—781-545-8872

### Winter Tips

**Minimize outside activities**, particularly the elderly and very young.

**Dress in layers.** Several layers of loose-fitting, lightweight clothing will keep you warmer than a single layer of heavy clothing. Try runners' tights to wear underneath your pants, it will keep you warm.

**Wear the right gear.** Wear either wool-lined winter gloves or heavy mittens, and sturdy, waterproof boots, protecting your extremities. A hat is essential, preferably one that covers your ears. Cover your face and mouth with a scarf to protect your lungs.

**Excessive exposure can lead to frostbite**, which is damaging to body tissues. Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.

**Do not leave pets outside during cold weather extremes.** They need adequate shelter. In sub-zero temperatures, their paws, noses and ears can succumb to frostbite—bring them inside.

**Know the warning signs of hypothermia:** uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion.

**Be safe with heat sources.** If using alternate heating sources, such as your fireplace, wood stove or space heater, take the necessary safety precautions to ensure they are ventilating properly. Keep a fire extinguisher handy, and make sure everyone in the knows how to use it. Test smoke alarms and carbon monoxide detectors.

**Seal off unused rooms** by stuffing roll-up towels in cracks under doors.

**Save the food.** If you lose power for an extended period of time, don't let food go to waste! Use the outdoors as a makeshift freezer for food. Be sure to cover items to protect from wildlife.

**To keep pipes from freezing**, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Allow a trickle of water to run from a faucet if your pipes have frozen in the past. Learn how to shut off water!

**Be a good neighbor.** Check in with elderly or disabled relatives and neighbors to ensure they are safe.

## THURSDAYS @ HOUSING AUTHORITY

**Jenny Gerbis, Outreach Coordinator** at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

### JANUARY

Thursday 1/2 12:30 PM @ Lincoln

Thursday 1/9 12:30 PM @ Central

Thursday 1/16 12:30 PM @ Wheeler 1, 1PM @ Wheeler 2

### FEBRUARY

Thursday 2/6 12:30 PM @ Lincoln

Thursday 2/13 12:30 PM @ Central

Thursday 2/20 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

## SHINE—BY APPOINTMENT

*Serving the Health Information Needs of Everyone*

Call for an appt. with SHINE Counselor Rich Durkin, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an appt. on the following dates: January 16 and February 20

## GET YOUR GATRA/MBTA SENIOR CHARLIE CARD

Seniors 60 years of age or older are eligible for half-fare on all public transportation in Massachusetts by filling out a one page application and showing a copy of proof of their date of birth.



Come into the COA office to have your photo taken. No charge for the card. Card will be mailed to you in 1-2 weeks.

## FIRE SAFETY INSPECTIONS

Scituate Fire Department is again sponsoring through the state S.A.F.E. program (Senior Awareness of Fire Education) visits to residences that would like their homes and smoke/carbon dioxide detectors inspected for optimal operation. Appointments can be made at the COA, 545-8722 or calling Linda 545-8711.

## FUEL ASSISTANCE 2019-20 Call Jenny 545-8873

The State/Federal Fuel Assistance Program, operated and administered by South Shore Community Action has begun, and will run until April 30, 2020. The program is open to the community. The Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

- ID for head of household
- Soc. Sec #'s and DOB for all family members
- Last 30 days income for all family members over 18 unless in college full time, including: Social security award letter. Pension or IRA distributions, Unemployment, Child Support Copy of heat bill, copy of electric bill and Town of Scituate tax bill, mortgage bill or rent receipt if applicable. Homeowners cover letter if you own your house.



# ☞ Once a Month—Support and Services ☞

## **Veterans Advisory Council Breakfast Feb 26, 9am**

The new Veterans Advisory Council is planning a Meet the VAC “meet and greet” informational breakfast for veterans to attend free of charge at the Scituate Senior Center at 27 Brook Street on Wednesday, February 26 at 9:00 am. Please call the Senior Center to register as seating is limited at 781-545-8722. The Council members will be present and will speak about their plans for advocating and advising on veteran’s needs of all ages. All welcome to help guide the VAC in their efforts to support veterans in Scituate.

## **PARKINSON’S SUPPORT GROUP**

**Third Tuesday** at 11:00 @ Scituate Harbor Community Building for individuals with Parkinson's and caregivers. If you are interested in attending, please call 781-545-8722 for details. Facilitated by Leslie Vickers.

## **CAREGIVER SUPPORT GROUPS**

### **COA SUPPORT GROUP IN SCITUATE\_@ SCITUATE TOWN LIBRARY**

**Third Wednesday** at 12:00-1:00 pm

This valuable support group opportunity is for all caregivers. Meetings are held at Scituate Town Library, Branch Street, Scituate. The group is led by experienced facilitator and licensed social worker, Suzanne Otte. This is an open group but advance notice of planned attendance is appreciated by calling the Scituate Senior Center at 781-545-8722. Newcomers are welcome to begin at any time.

### **OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups - EVENING**

**First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

**First Thursday** at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

## **VISION SUPPORT GROUP**

**Third Monday** at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

## **BLOOD PRESSURE CHECK!**

**Third Wednesday** Town Nurse, Eileen Scotti will be here @ the Senior Center, 10:30-11:30 AM.

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

## **FREE HEALTH SCREENING CLINICS—WED 10AM**

3rd & 5th week @ **Senior Center**; **Screenings include:** Blood pressure and vital sign assessment, Blood sugar screening, B12, medication review and instruction by Town nurse, Eileen Scotti. Office hours: Thursday, 9-11AM. Board of Health Office @ 600 CJC Highway

## **PROFESSIONAL MEETINGS**

*Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals*

### **LIFE INSURANCE REVIEW &**

#### **LONG TERM CARE OPTIONS**

**1st Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

### **ASK A LAWYER**

**3rd Friday**



If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Michael Loring, Chris Sullivan & Frederick Hayes will rotate monthly to provide this service. *Call 781-545-8722 for a morning appointment.*

### **MEET YOUR SENATOR**

**Sen. Patrick O'Connor**

**3rd Thursday**

**10:30-11:30 AM**

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

### **MEET YOUR REPRESENTATIVE**

**4th Friday**

**Representative Patrick Kearney** is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-690-7923 to discuss your issues by phone directly with the office.



### **FINANCIAL SERVICES**

**1st Monday**

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate office.

**Lori Shea, Edward Jones Financial Advisor** is available monthly for a FREE 30 min. appt.

### **FINANCIAL SERVICES**

**Call for a free 30 min. appt**

**Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group.** If you are looking for predictable income and safety of your investments, Adrienne can assist you— please call 545-8722

### **REALTOR “Outreach” DAY**

**January 21 @ 2:30pm**

**Jack Conway Realtors—Call to register @ 545-8722**

Bring your friends and family to explore and learn about real estate topics that are relevant to you. Topics are presented by industry professionals and are available for Q & A. Topics will vary: legal issues, real estate fraud, probate, reverse mortgages, estate planning, housing options, and concierge services. Please feel free to call Carla Nee for details (774) 454-4999.

# ☞ Trips — live & learn! ☞

## Coffee Concert Series offered by So. Shore Conservatory

**February 25, March 31, April 28**—Concerts @ Ellison Center, Duxbury, 11am Doors open at 10:30. Concert is free. Call 545-8722 to make reservation. **Drive Self! No Van Ride Available.**

**February 12, March 11, April 8**—Concerts @ Laura's Center for the Arts, 11am HANOVER. Van is \$3.50 Call for ride.

**Feb 20 Fuller Craft Museum, Brockton** \$18 includes museum admission and van transportation. Bring \$ for breakfast @ JJ's Café, before heading to see the exhibits. Depart Scituate SC @ 9:30am. Return 3:30pm

## MONDAY SHOP HOPS

10:30 AM – 12:30 PM

January 6	Plymouth – Market Basket / Walmart
January 13	Pembroke – Christmas Tree Shop and Dollar Store
January 27	Hingham – Derby Street Shops
February 3	Marshfield – Ocean State Job Lot and Marshalls
February 10	Plymouth – Market Basket and Walmart
February 24	Hingham – The Launch at the Shipyard
March 2	Pembroke – Christmas Tree Shop and Dollar Store
March 9	Plymouth – Market Basket and Walmart
March 16	Hingham – Derby Street Shoppes
March 23	Marshfield – Ocean State Job Lot and Marshalls

*Minimum 6 participants needed for each SHOP HOP TRIP! SIGN-UP Van fee: \$3.50 cash or use your pass—Call Kathy @ 545-8872*

**Trips may cancel if a driver is unable to drive on the date/time advertised. We apologize for the inconvenience and will try to reschedule.**

**TRIP POLICY:** You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE RECEIVED W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. PAYMENT IS DUE with SIGN UP for ALL TRIPS**

## Local & Out-of-Town Transportation

### REGULAR SCHEDULED TRIPS

**TUESDAYS:** Scituate Food Pantry 10AM – 10:45 AM (1<sup>st</sup> & 3<sup>rd</sup> Tues)

**TUESDAYS:** Hanover Mall / Target / Trader Joe's / Dollar Store

10:30 AM – 12:00 PM (2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the Month)

**WEDNESDAYS:** Shaw's Supermarket 10:00 AM – 11:00 AM

**THURSDAYS:** Scituate Harbor 9:30 AM – 10:30 AM

Congregational Church Lunch 12:00 PM – 1:00 PM

### RIDES for Food Pantry—FREE

### TRANSPORTATION COORDINATOR, KATHY CLARKESON

**Call 781-545-8722 @ Ext 3** to schedule your requests for COA van for all transportation.

The **Dial-A-Ride** program is an origin to destination ride service.

Drivers are not permitted to exit the vehicle for any reason other than to operate the wheel chair lift.

***If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes***

10 Ride Pass for \$15 = \$1.50 each way Cash = \$1.75 each way / \$3.50 round trip

**Out of Town Medical** = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.

**Out of Town Medical CANCELLATIONS** are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.

If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

**MEDICAL RIDES OUT OF SCITUATE\*** are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:00 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact South Shore Community Action Council directly for transportation requests. Earliest Pick-up is 9:45AM.

**MEDICAL & LOCAL RIDES WITHIN SCITUATE\*** are provided Mondays 8:30 AM – 3:30 PM; Tuesdays (1<sup>st</sup> & 3<sup>rd</sup>) 8:30 AM – 3:30 PM / (2<sup>nd</sup> & 4<sup>th</sup>) 1:30 – 3:30 PM; Wednesdays 1– 3:30 PM; Thursdays 1:30 – 3:30 PM; Fridays 8:30 AM – 2PM. Local rides include medical and other appointments, the Senior Center or other off site locations for activities, library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the COA operating hours. Rides require a minimum of 2 business days advance notice.

\*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

**AMERICAN CANCER SOCIETY** provides medical appointment transportation for persons receiving cancer treatments. 508-897-4300.

**WEATHER POLICY:** If Scituate schools are closed due to inclement weather, our vans will NOT be running for any purpose. Classes offered by the COA will likely will be cancelled. If your pathway to the van is not cleared to allow safe passage, the driver cannot pick you up.



CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

PRSR STD  
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PERMIT NO. 653

The cost of mailing this newsletter is supported by funds we receive from the state  
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**Council on Aging Board Meetings** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: Jan 9 & Feb 13 at 6:30 pm. **Check the town website for meeting postings or changes.**

## WE ARE ON-LINE TOO!

You can read this newsletter on-line  
BEFORE it comes in the mail.

Go to: Town website at ***scituatema.gov***; **Department-Council on Aging**, and  
**Newsletters.**

ALSO, ***www.ourseniorcenter.com***

Find: ***Scituate Council on Aging.***

You can sign up with your e-mail and receive notice when it is published (well before mailing!).

"Like" us on **Facebook:**

Search **Scituate Council on Aging** AND  
**TownofScituate** Share to your friends!

Follow us on Twitter: **@ScituateCOA.**

**THANK YOU TO THE RIVER CLUB FOR A WONDERFUL EVENT TO CELEBRATE THANKSGIVING. THE AFTERNOON—GOOD FOOD & MUSIC WAS ENJOYED BY SO MANY SENIORS!**

**THANK YOU TO MANY OF OUR MEMBERS— YOUR DONATIONS HELPED US CREATE THE BEAUTIFUL POINSETTIA PLANT TREE WE ENJOYED FOR THE HOLIDAY SEASON!**

**THANK YOU TO THE DANCE STUDENTS AT ZEAL DANCE STUDIO FOR DECORATING THE CENTER FOR THE HOLIDAY!**

FOSS meets the 2nd Tuesday of each the month at 10 a.m. for Events and Regular meeting at 11 a.m. at the Harbor Methodist Church.



Spaghetti Supper— Saturday April 18.

Held at the Congregational Church at 5:00pm

*We want to thank the Friends of Scituate Seniors for funding our coffee.*

### Sand Buckets ... for Safety!

Sand Buckets available for seniors who would use them for winter doorway and walkway maintenance. Students will fill with sand and bring to your door! Call the Senior Center **if interested in a COA bucket @ 545-8871.**

SHS Student Interact Club is sponsored **by the Scituate Rotary Club.**